



Childbirth **Classes** and Birth Center **Tours**

Cottage Health is dedicated to the health of our community.
Find upcoming classes and events at cottagehealth.org/classes-events
Register early as classes fill up quickly.

Virtual Birth Center Tour:

A virtual tour of the Santa Barbara Cottage Hospital Birth Center includes birthing rooms and the postpartum unit.

Childbirth Preparation:

A certified childbirth educator will help prepare you and answer questions about pregnancy, labor and birth.

Breastfeeding Class:

A certified lactation consultant will offer information on breastfeeding and infant nutritional needs.

Infant/Child CPR:

Class is modeled after the American Heart Association (AHA) guidelines for the public and covers CPR (Cardiopulmonary Resuscitation) and choking first aid for infants and children.

This class is for expecting/new parents. It does not offer certification.

REGISTRATION AND FINANCIAL ASSISTANCE: Cost of childbirth classes can be reduced or waived based on financial need. To request financial assistance, email childbirthed@sbch.org.

For more information, email childbirthed@sbch.org

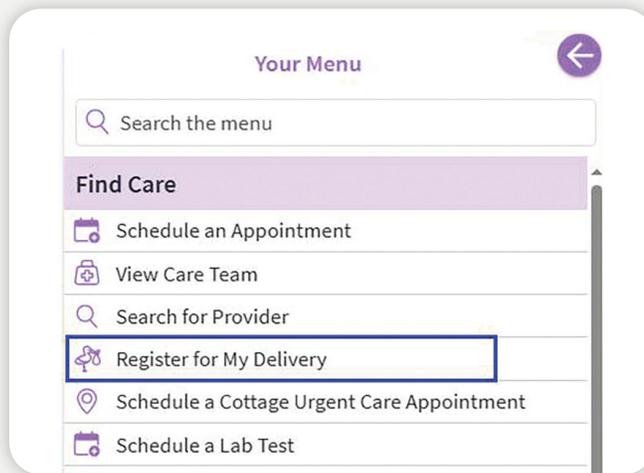


Birth Center **Registration** Made Easier

PRE-REGISTER FOR YOUR DELIVERY ONLINE.

We are pleased that you have chosen Santa Barbara Cottage Hospital for your baby's birth, and we look forward to seeing you!

- Pre-register for your delivery through your Cottage Health MyChart account at mychart.sbch.org. Select Your Menu, then under the Find Care section, select Register for My Delivery.



- If you are unable to pre-register via MyChart, the Cottage Navigation team can assist you with pre-registering Monday through Friday from 7:30 a.m. - 6 p.m. Dial 805-563-7000, then choose option 6.
- Please also visit cottagehealth.org/babyregistration for additional steps to take to get prepared for your birth.

Cottage Health
MyChart App
Now Available





Free Car Seat Inspection

Protect your children. We will provide you with the necessary tools to ensure that your baby is safe and secure in his or her car seat.

Cottage staff who are NHTSA certified car seat technicians will review child passenger safety information, discuss relevant legislation, and provide car seat installation instructions.

TO SCHEDULE AN APPOINTMENT

Contact Trauma Services

Mayra Vázquez 805-569-7478 /
m8vazque@sbch.org

Please let us know if you have any language assistance needs.

DID YOU KNOW?

Did you know that 4 out of 5 car seats are installed wrong?

Did you know that your car seat has an expiration date?

Do you understand your car's LATCH system?



GOLETA VALLEY | SANTA BARBARA | SANTA YNEZ VALLEY

TRAUMA SERVICES | COTTAGEHEALTH.ORG

BREASTFEEDING CLASS

Class will help educate participants about the advantages of breastfeeding. Participants will have the opportunity to ask certified lactation consultants questions about breastfeeding and nutrition in a classroom/discussion setting.

Register at:
**[cottagehealth.org/
classes-events](http://cottagehealth.org/classes-events)**
or 805-569-7826

AN OFFICIAL BABY-FRIENDLY HOSPITAL

One of a select group of hospitals to meet the stringent requirements for Baby-Friendly designation, Santa Barbara Cottage Hospital is recognized for providing top-tier care to support breastfeeding mothers and their infants.

Breastfeeding:

THE BEST START

The first year of your baby's life is important to determine their health in the future. Consider breastfeeding your baby for the many advantages it provides:

- Breast milk is tailor-made for your baby. It boosts your baby's ability to fight illness and infection — babies who are not breastfed are more likely to get diarrhea and chest infections.
- Exclusive breastfeeding is recommended for around the first six months and alongside solid foods thereafter.
- Babies benefit from continued breastfeeding for up to one year and beyond, even after you have started giving them solid food.
- Breastfeeding also lowers a mother's risk of breast cancer and may reduce the risk of ovarian cancer too.
- Keeping your baby close will help you to respond to their need for food, love and comfort.



AT COTTAGE HEALTH:

- Soon after birth, our goal is to help you hold your new baby skin-to-skin. This will help with bonding, breastfeeding and keeping your baby warm.
- We encourage you to breastfeed early and often, and to feed your baby whenever they seem hungry. This will help establish a good milk supply.
- Your nurses and lactation consultants will help and support you to breastfeed. They will teach you how best to latch and position your baby for breastfeeding.
- Your baby will be rooming-in with you in your room as much as possible.

Adapted from "off to the best start", a parent leaflet from www.unicef.org.uk



The Lactation Center

BREASTFEEDING SUPPORT AT
SANTA BARBARA COTTAGE HOSPITAL

The American Academy of Pediatrics recommends breastfeeding for at least one year, and, if possible, exclusive breastfeeding for the first six months.

Breast milk benefits for baby:

- Easy to digest
- Helps the brain develop
- Strengthens the immune system, reducing the risk of disease and infection
- Lowers risk of SIDS
- Lowers risk of type 1 and type 2 diabetes

Breastfeeding benefits for mother:

- Causes the uterus to contract and return to its normal size
- Decreases postpartum bleeding
- Lowers risk of osteoporosis and some breast and ovarian cancers
- Lowers risk of developing type 2 diabetes

Mother's Circle

Free in-person support and breastfeeding information.

WEDNESDAYS | 2-4 p.m.



Registration required to attend.
Registration closes Wednesday at 10 a.m. Register at:
cottagehealth.org/classes-events
or 805-569-7826

OFFERED FOR:

- Families who have questions and concerns about infant feeding
- New mothers just getting started
- Basic breastfeeding support (*If needing one-on-one support for complex breastfeeding challenges, please see Breastfeeding Resources on reverse side of paper*)

INFORMATION PROVIDED BY:

Certified lactation consultants

If you are sick, please do not attend.

Breastfeeding Support at Santa Barbara Cottage Hospital: [805-569-7826](tel:805-569-7826)

400 W. Pueblo Street, PO Box 689, Santa Barbara, CA 93102

cottagehealth.org/classes-events



Breastfeeding Resources

NAME	SERVICE	CONTACT INFORMATION
Santa Barbara Cottage Hospital	<ul style="list-style-type: none"> Breastfeeding education and support TLC warmline 	cottagehealth.org/classes-events 805-569-7826
The Lactation Network	<ul style="list-style-type: none"> Get paired with an International Board Certified Lactation Consultant (IBCLC) in your area, covered by your insurance 	lactationnetwork.com
Katrina Mitchell, MD	<ul style="list-style-type: none"> Lactation and perinatal mental health services Accepts insurance 	physicianguidetobreastfeeding.org
WIC <i>Se habla español.</i>	Free breastfeeding support, pumps, products and services for WIC participants Monday–Friday, 8 am – 4 pm	Nutrition Services: 1-877-275-8805
Santa Barbara Breastfeeding Support	<ul style="list-style-type: none"> Free support meetings on first Monday of each month, 10-11:30 am 	805-448-0325
Lompoc Valley Medical Center (LVMC)	<ul style="list-style-type: none"> Lactation support by appointment Free support group on fourth Tuesday of each month, 11 am-noon 	805-737-3395
Marian Medical Center	<ul style="list-style-type: none"> Breastfeeding education and support Nurture (Telephone) Line: Every day, 8 am – 4 pm Breast pump sales and rentals available 	805-739-3388
Community Memorial Healthcare (CMH)	<ul style="list-style-type: none"> New Parent Resource Center in Ventura 	mycmh.org/locations/community-memorial-new-parent-resource-center 805-948-2229
Infant Risk Center	<ul style="list-style-type: none"> Evidence-based education on medications and breastfeeding Nutrition and pregnancy research 	infantrisk.com 806-352-2519
Postpartum Education for Parents (PEP)	Provides peer support to new parents.	sbpep.org 805-564-3888

LOCAL BUSINESSES THAT OFFER BREAST PUMP SALES AND/OR RENTALS:

Chicken Little	1236 State Street, Santa Barbara	805-962-7771
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